

UF/IFAS Leon County Extension Presents:

# GROW HEALTHY, EAT HEALTHY WINTER WORKSHOP

Nutritious Meals from Seed to Fork



Presenters- Molly Jameson: Sustainable Agriculture and  
Community Food Systems Agent  
Chelsea Marshall-Hirvela: Family Nutrition Program Assistant

Join the UF/IFAS Leon County Extension team for a free healthy living demonstration.

- Learn how to start your own compost and vermicompost at home.
- Participate in a hands on composting activity.
- Learn how to cook healthy meals at home using seasonal produce.
- Watch a cooking demonstration.
- Take home recipe cards for healthy meals for you to try.

**November 18<sup>th</sup>, 6:00pm- 7:30pm**

Collins Main Library  
200 W. Park Ave. Tallahassee, FL 32301

*"The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The USDA and the University of Florida IFAS Extension are equal opportunity providers and employers. If you have a disability that requires special accommodations, please contact us at least 96 hours before the program begins."*

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**UF/IFAS LEON COUNTY EXTENSION**

615 Paul Russell Road, Tallahassee FL 32301  
850-606-5200 | [leon.ifas.ufl.edu](http://leon.ifas.ufl.edu)

